

Home Caregiver Support Program Review

Death is journey that we need not take alone. It is a deeply personal, spiritual event, one filled with fear or perhaps excitement; an end to one's life as we know it, or a beginning of a new adventure, filled with challenges to our faith, our humanity, the will to keep living, and sometimes pain, sadness and self-doubt. How we navigate this journey and how our survivors and caregivers negotiate the twists and turns, how they chose to experience and remember it, takes patience, courage, understanding, and a lot of work and support.

Just as our parents were not provided a handbook on how to raise us when we entered this life, we are not often well-equipped to assist our parents and family/friends at the time of their death. Nothing can fully prepare us for every eventuality along this journey.

The Home Caregiver Support Program, however, provides caregivers an opportunity to prepare for the experience and assist in this much needed role. Together with "A Caregiver's Guide", this on-line program informs and prepares the caregiver (both lay and professional) to better help a loved one, family member or friend to die at home or in a hospice setting.

The HCS Program is an on-line review course divided into a number of easily digested modules:

HCSP - Introduction to Palliative Care (Mandatory)

HCSP Module IA. Physical Needs: Home Care (Optional)

HCSP Module IB. Physical Needs: Symptom Management (Optional)

HCSP Module IIA. Emotional and Psychological Needs: Emotions (Optional)

HCSP Module IIB. Emotional and Psychological Needs: Stress Management (Optional)



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Visit the online training site for the home caregiver at stlazarus.sjatraining.ca or click on any button/link below.

St. John Ambulance

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HOME CAREGIVER SUPPORT PROGRAM
ONLINE TRAINING

St. John Ambulance and The Order of Saint Lazarus are pleased to provide you with an online training program to enhance your capacity as a non-professional home caregiver and understanding of how to support a person who is in the end stage of life. The online training program is offered on a unique learning management system that incorporates all facets of multimedia creating an engaging learning experience.

HCSP Module III. Social and Information Needs (Optional)

HCSP Module IV. Spiritual Needs (Optional).

They are a quick and easy read – a “Cole’s Notes” of hospice care in the home, if you will. There are brief reviews of content, and there is a short quiz at the end of each module that focuses on the key learning points. Depending on your speed of reading and learning style, each module can be completed easily in as little as 30 minutes. Only the “Introduction to Palliative Care” module is mandatory for a certificate to be printed. The resource remains available on-line with your user name and password.

As one who deals with hospice care on a daily basis, I found the information very useful, pertinent, and succinct. While designed with the lay caregiver in mind, this resource contained useful information for professional caregivers as well as for volunteers and family members. I, for one, would highly recommend this to all hospice caregivers and have already recommended it my family medicine resident trainees to complement their palliative care training experience.

We all need a helping hand at some point. When approached by family, friends or patients in hospice care and end-of-life, this resource can be that helping hand. Access to the Home Caregiver Support Program can be made through www.stlazarus.ca/HCSP

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Dr. Buchholz is a rural Family and Emergency Physician from the Annapolis Valley in Nova Scotia. He is a graduate of Dalhousie University Faculty of Medicine (1980) and holds both his CCFP (1990) and FCFP (2004) in Family Medicine.

He is a former interim Provincial Medical Director for Emergency Health Services Nova Scotia, and held the positions of Senior Medical Officer United Nations Disengagement Observer Force (Middle East) and Deputy Base Surgeon, CFB Cornwallis.

He was Senior Physician Advisor for the Nova Scotia Department of Health and was Corporate Champion and Management Co-chair for Occupational Health and Safety and Director of Quality and Patient Safety for the Department. Dr. Buchholz is a faculty member and rural preceptor with Dalhousie University Faculty of Medicine. He is a senior instructor/instructor trainer with the Heart and Stroke Foundation and is an instructor/instructor trainer with the Nova Scotia Trauma Program Advanced Trauma Life Support Program.